

Assembling and Maintaining the RBK 815 Recumbent Exercise Bike



PRECOR[®]

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PRECOR®

Edition Information

ASSEMBLING AND MAINTAINING THE RBK 815
RECUMBENT EXERCISE BIKE

P/N 300863-141 rev B

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Precor is widely recognized for its innovative, award-winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

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Important Safety Instructions

Read the following precautions thoroughly before you begin assembly, and save them afterward for future reference.

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

Note: The optional power adapter is considered a power source for self-powered equipment.

- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Locate the equipment a few feet from walls or furniture, and away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the assembly and maintenance guide. Make sure that all fasteners are secure.
- If you plan to move the equipment, obtain help and use proper lifting techniques. For more information, refer to the "Moving the Equipment" section of the assembly and maintenance guide.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Educating Users

Take time to educate users about the Important Safety Instructions found in both the *User Reference Manual* and *Product Owner's Manual*. Explain to your club or facility patrons that they should observe the following precautions:

- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- Face the console at all times.
- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1

120 V and 240 V Equipment Designated for U.S. Markets

Note: If you are not installing this equipment in the United States or Canada, this section does not apply to you. You should have received a power cable that meets your local electrical code requirements along with the equipment. If you need additional help with the power connections for the equipment, contact your Precor authorized dealer.

Precor exercise equipment that is connected to an external power circuit, such as treadmills or equipment with optional power supplies for self-powered equipment, must be properly grounded. In addition, Precor treadmills must be connected to a dedicated branch circuit for power. A 20 amp dedicated branch circuit is recommended.

Important: A true dedicated branch circuit provides discrete hot, neutral, and ground lines to each plug. These lines must not be looped or "daisy-chained" to any other lines in any way.

For equipment fitted with P80 consoles or Personal Viewing System (PVS) screens, separate power connections are required for the consoles or screens. This connection must be independent of the circuit powering the equipment and must also be a dedicated branch circuit. However, up to 15 consoles or PVS screens can be "daisy-chained" on a single power circuit. A 20 amp dedicated branch circuit is recommended for every such chain of consoles or screens.

The grounding plug on a treadmill or power supply looks like the plug shown in one of the following two figures. The power outlet must have the same configuration as the plug.

Important: *Do not use any power cord adapter with this product.*

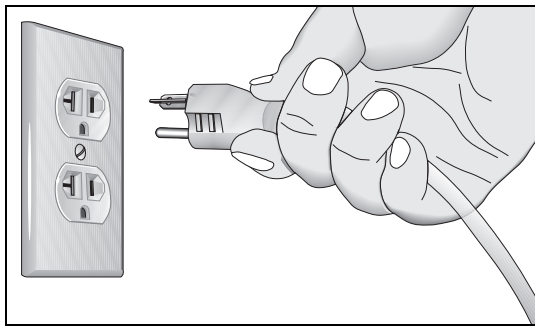


Figure 1: 120-volt, 20-amp power plug

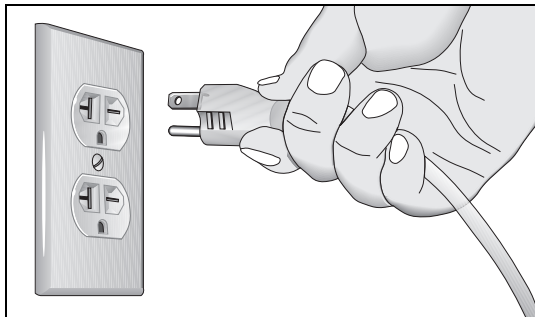


Figure 2: 240-volt, 20-amp power plug

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at <http://www.precor.com>.

Table of Contents

Edition Information	2
Trademark Note	2
Intellectual Property Notice	2
Important Safety Instructions	3
Safety Precautions	3
Educating Users	5
Hazardous Materials and Proper Disposal	5
Product Recycling and Disposal	5
Regulatory Notices for Cardiovascular Exercise Equipment.....	6
120 V and 240 V Equipment Designated for U.S. Markets.....	7
Obtaining Service.....	8
Assembling the Exercise Bike.....	11
Unpacking the Equipment	12
Hardware Kit (not to scale)	13
Required Tools.....	13
Attaching the Seat Back and Bottle Holder	14
Installing the Upright Support and Cables	15
Making Sure the Unit Is Stable.....	20
Breaking In the Equipment	20
Installing the Console	21
Maintenance.....	25
Daily Cleaning.....	25
Daily Inspection.....	26
Quarterly Maintenance	27
Storing the Chest Strap	27
Moving the Equipment	28
Long-Term Storage	28

Self-Powered Features.....29
 Informational Displays Prior to Shutdown 30
 Symptoms of a Low Battery 30
 Using the Optional Power Adapter 31
 The Optional Power Adapter Kit..... 31
 Replacing the Battery32

Commercial Equipment Limited Warranty 33

Assembling the Exercise Bike

Important: *The instructions in the following procedures are described from the perspective of a person standing **directly in front of the equipment** (that is, on the opposite side of the control console from a person using the equipment). These descriptions may not match the names of certain parts in the parts list, because such parts are named relative to the back of the equipment.*

To prepare the exercise bike for assembly:

- Open the box and assemble the components in the sequence presented in this guide.
- Assemble and operate your equipment on a hard, level surface in the area intended for use.

Important: *Do not grasp any plastic parts of the unit while lifting or moving the unit. The plastic parts are non-structural covers and are not capable of supporting the weight of the unit.*

- Assemble the equipment according to the guidelines in this manual to ensure you do not void the Precor Limited Warranty.

Important: *Any damage caused during installation is not covered by the Precor Limited Warranty.*

- Attach all fasteners and partially tighten them. Do not fully tighten fasteners until instructed to do so.

WARNING You will need assistance to assemble this unit. **DO NOT attempt assembly by yourself.**

Unpacking the Equipment

The shipping container for Precision Series exercise bikes consists of the following items:

- Wooden pallet
- Cardboard base
- Cardboard cover

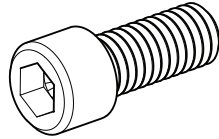
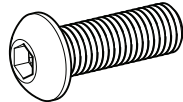
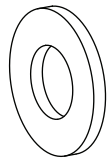
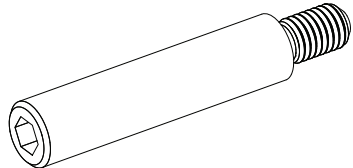
WARNING Do not attempt to move the equipment off of the pallet by yourself. Have at least one other person help you, and use safe lifting techniques.

To unpack the bike:

1. Carefully remove all staples securing the cover to the cardboard base.
2. Lift the cover upward and set it aside.
3. Carefully remove any staples holding the cardboard shield in place in the center of the container.
4. Lift the shield upward and set it aside.
5. Cut all plastic ties securing the equipment in place.
6. Remove the upright support from the container and set it down near the spot where you plan to install the equipment.
7. Remove the seat back and bottle holder from the container and set them down with the upright support.
8. With the help of at least one other person, lift the body assembly and move it forward until its front legs can be lowered to the floor.
9. With the help of at least one other person, carefully tilt the body assembly forward until it rests on the wheels attached to the front legs. Roll it to the location where you plan to install it, then tilt it back until it rests flat on the floor.

Hardware Kit (not to scale)

Before you begin the assembly, verify that the following hardware items are packed with the equipment.

Fasteners		Quantity
	5/16-inch x 3/4-inch sockethead screw	4
	1/4-inch x 3/4-inch buttonhead screw	4
	5/16-inch flat washer	4
	Upright support mounting screw	2

Required Tools

- 3/8-inch hex wrench
- 1/4-inch hex wrench
- 5/32-inch hex wrench
- #2 Phillips screwdriver
- Wire cutter

Attaching the Seat Back and Bottle Holder

While the equipment is in use, the seat back flexes to support users of different shapes and sizes. Underneath the seat back, the bottle holder accommodates both left-handed and right-handed users.

To attach the seat back:

1. Insert the lower front edge of the seat back assembly under the seat.
2. Swing the seat back assembly into place so that its four screw holes line up with the holes on the seat carriage bracket, as shown in the following illustration.

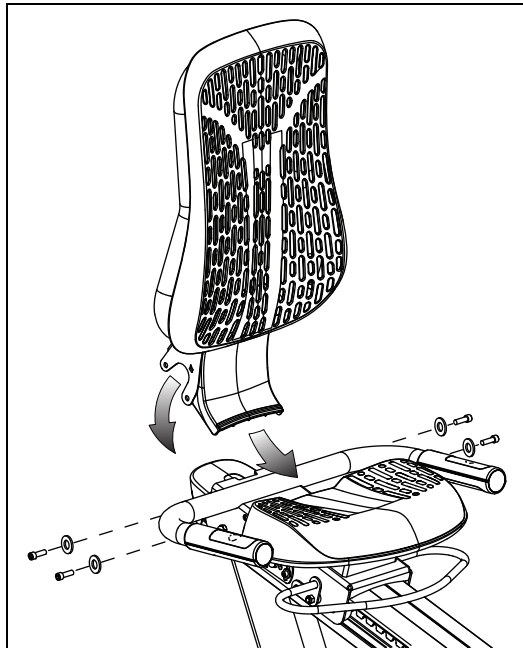


Figure 3: Moving the seat back assembly into position

3. Place four $\frac{5}{16}$ -inch washers onto four $\frac{5}{16}$ -inch x $\frac{3}{4}$ -inch sockethead screws.
4. Insert the screws through the holes in the seat back assembly and thread them into the seat carriage bracket.
5. Adjust the position of the seat back, then tighten the screws completely using a $\frac{1}{4}$ -inch hex wrench.

To attach the bottle holder:

1. Position the bottle holder so that it wraps around the seat back assembly and rests on the tab on the back of the assembly. The front edges of the bottle holder should rest on the handlebars and the two snap-in tabs should line up with the small rectangular holes on the seat back assembly.
2. Press the bottle holder forward until it locks into place.

Installing the Upright Support and Cables

Before you begin this procedure, retrieve the cables for the console that you plan to install on this exercise bike, or for any Cardio Theater® equipment that you plan to install on the console.

Note: If you are **not** installing Cardio Theater equipment on this bike, you do not need to complete the first procedure in this section; skip ahead to the following procedure. If you are installing Cardio Theater equipment on the bike, you will need to perform both procedures. You will need the help of another person to complete the procedures.

To prepare the bike for installation of the upright support:

1. Retrieve the cables from the box in which the console was shipped.
2. Using a #2 Phillips screwdriver, remove the two #10 x 1-inch self-tapping screws holding the top cover in place, then lift it off. Lift the cover from its front edge first, then disengage its plastic tabs from the recesses on the rear cover into which they fit.

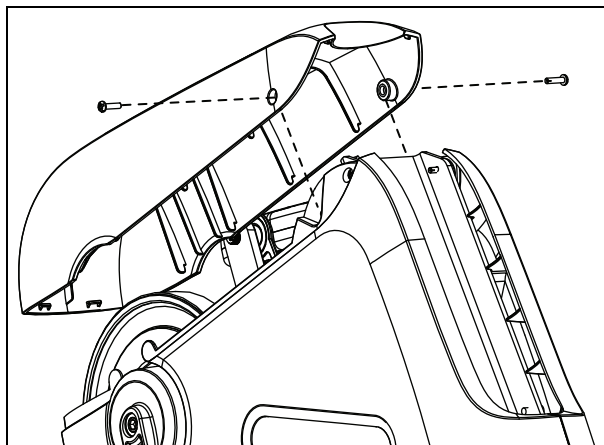


Figure 4: Top cover removal

3. Remove the three #10 x 1-inch self-tapping screws holding the rear cover in place, then lift it off.

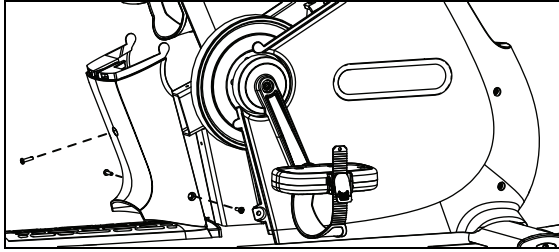


Figure 5: Rear cover removal

4. Remove the three #10 x 1-inch self-tapping screws holding the left side cover in place, then pull the cover away from the body assembly. Guide the cover around the pedal crank, then remove it and set it aside.

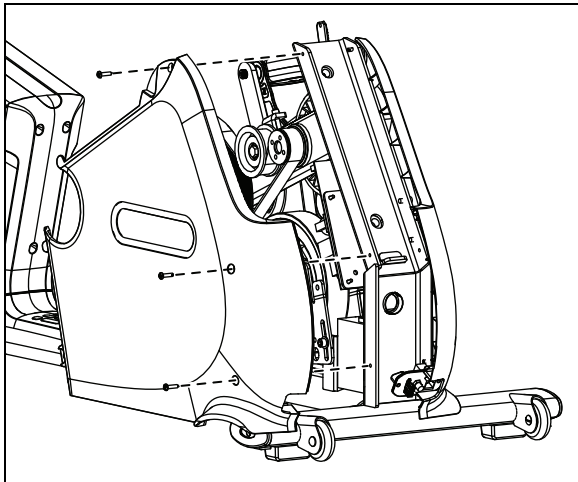


Figure 6: Left side cover removal

5. Slide the jack panel out of its bracket in the right side cover.

To install the upright support and prepare the cables for connection to the console:

1. Remove the tape holding the base unit data cable and the heart rate sensor cable in place inside the upright support channel.
2. Proceed according to whether or not you are installing Cardio Theater equipment on the console.

If ...

Then ...

You are **not** installing Cardio Theater equipment on the console Skip to step 6.

You are installing Cardio Theater equipment on the console Continue with step 3.

3. Attach the lower ends of the following cables to the inner side of the jack panel:
 - Television cable
 - Power cable
4. Slide the jack panel back into its bracket in the right side cover.
5. Using a piece of tape or a plastic tie, bind together the upper ends of all cables.
6. While your assistant holds the upright support in place over the body assembly, thread the cable or cables upward through the support. When you are finished, use a piece of tape to secure the upper connectors of the cables at the top of the support.

- Slide the support into position so that its screw holes line up with the corresponding holes on the body assembly, as shown in the following illustration.

Note: If the support is positioned correctly, it rests on a metal tab in the upright support channel.

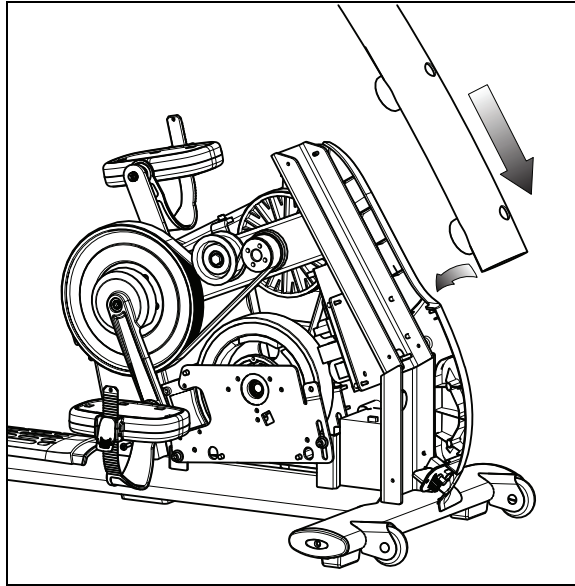


Figure 7: Upright support insertion

Important: In the following step, be extremely careful not to trap or pinch any of the cables between the mounting screws and their seats.

8. Insert the two upright support mounting screws through the openings on the support and into the screw holes on the body assembly. Tighten the mounting screws completely using a $\frac{3}{8}$ -inch hex wrench.

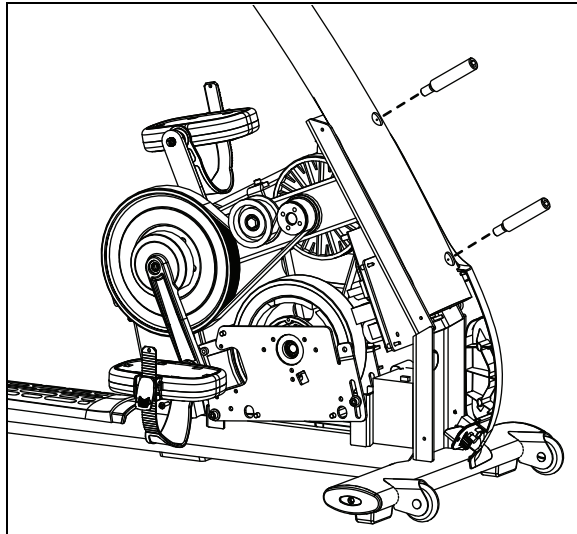


Figure 8: Bolting the upright support into place

- Note:** If you are not installing Cardio Theater equipment on the console, you do not need to complete the following two steps.
9. Reposition the left side cover on the body assembly, then reattach and tighten the #10 x 1-inch self-tapping screws holding it in place.
 10. Repeat the previous step to reinstall the rear and top covers.

Making Sure the Unit Is Stable

Make sure the unit is level before allowing anyone to use it.

CAUTION: To eliminate movement, make sure the adjustable feet are in contact with the floor.

To level the unit:

1. Gently rock the unit. If there is any movement, ask your assistant to tip the unit to one side while you locate the adjustable feet.
2. Correct the height of each adjustable foot as follows.

If you want to ... Then turn the adjustable feet ...

Raise the unit Counterclockwise

Lower the unit Clockwise

Important: *Place the unit on a flat surface. Rotating the adjustable feet cannot compensate for extremely uneven surfaces.*

When you are finished adjusting the unit, place the unit on the floor and recheck that it is level.

Breaking In the Equipment

Precor equipment does not require an actual break-in period. However, moving components such as belts, gears, and bearings can settle while the equipment is being stored or shipped. This can cause the equipment to operate with a small amount of roughness or noise when it starts up for the first time.

The equipment usually returns to smooth operation after a day or two of normal use. If it does not, contact your dealer for assistance. For more information, refer to *Obtaining Service*.

Installing the Console

Before you begin, make sure that the cables have been fed through the mounting bracket and their ends extend through the round opening at the base of the bracket. The television cable, along with any audio, video, or power cables needed to support a Cardio Theater screen or receiver, should be fed through the bracket and should extend through the opening at its upper end.

To connect the console:

1. Using a #2 Phillips screwdriver, remove the four 1-inch panhead machine screws securing the back cover of the console. Lift off the back cover and set it aside, along with the four machine screws.

2. Lower the console over the mounting bracket so that the two plastic hooks at the top of the console fit over the two tabs at the upper corners of the bracket.

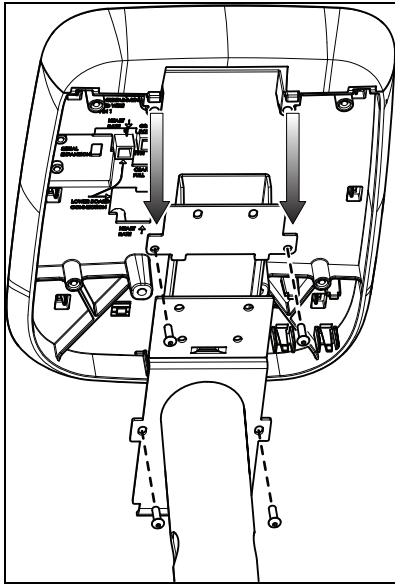


Figure 9: Seating the console

3. Insert four $\frac{1}{4}$ -inch x $\frac{3}{4}$ -inch buttonhead screws through the screw holes in the tabs on the mounting bracket and into the screw anchors on the console. Tighten the screws completely using a $\frac{5}{32}$ -inch hex wrench.

4. Route the twisted, red-and-black heart rate sensor cable and the flat, gray base unit data cable to the left of the mounting bracket and about three-quarters of the way up the left side of the console, as shown in the following illustration.

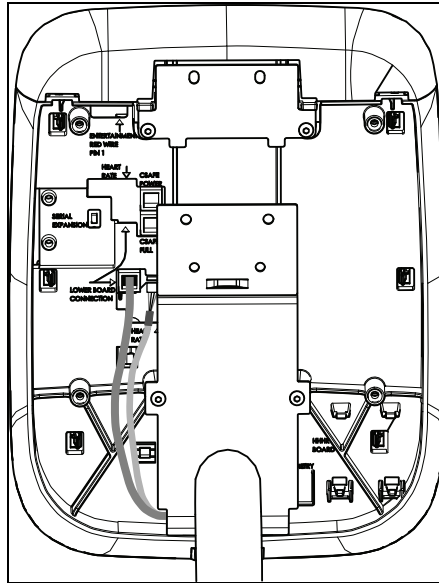


Figure 10: Routing the data and heart rate cables

5. Attach the base unit data cable to the eight-conductor modular jack labeled LOWER BOARD CONNECTION.
6. Attach the heart rate sensor cable to the four-pin connector labeled HEART RATE.

Note: The cables on the connector and the circuit board can fit together in only one way. There may also be a 10-pin connector labeled HEART RATE, but it is not compatible with the equipment.

Important: If you are installing a Cardio Theater screen or receiver, complete the Cardio Theater installation before you reattach the console's rear cover.

7. Lower the rear cover over the mounting bracket so that the upright support extends through the gap in the cover.

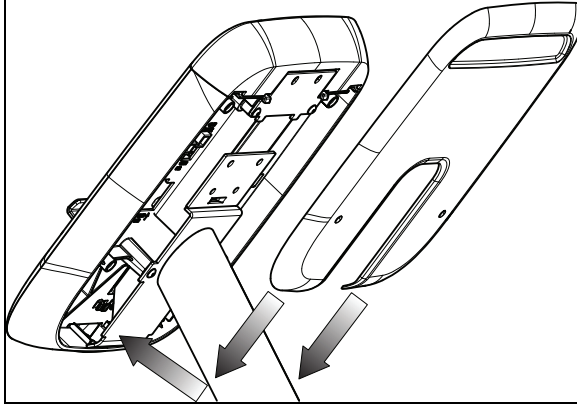


Figure 11: Rear cover position

8. Position the back cover and attach the four 1-inch panhead machine screws, then tighten the screws completely using a #2 Phillips screwdriver.

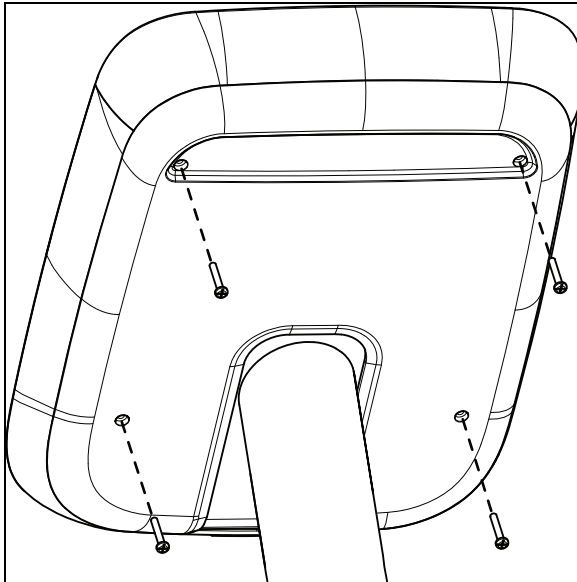


Figure 12: Reattaching rear cover screws

Maintenance

To keep the equipment functioning properly, perform the minor maintenance tasks in this section at the intervals shown on the maintenance checklist. Failure to maintain the equipment as described in this section could void the Precor Limited Warranty.

DANGER To reduce the risk of electrical shock, always disconnect the equipment from its power source before cleaning it or performing any maintenance tasks. If the equipment is self-powered but also uses the optional power adapter, disconnect the adapter.

Daily Cleaning

Precor recommends that you clean the equipment before and after each exercise session. To remove dust and dirt from the equipment, wipe all exposed surfaces with a soft cloth that you have moistened with one of the following cleaners:

- A solution of 30 parts of water to 1 part of Simple Green® (for more information, visit www.simplegreen.com)
- ENVIR-O-SAFE oxygen enhanced cleaner or multi-task cleaner concentrate, diluted according to the manufacturer's instructions (for more information, visit www.daleyinternational.com)

Alternatively, you can clean the equipment with Athletix fitness equipment cleaning wipes (for more information, visit www.athletixproducts.com)

CAUTION: Read and follow the manufacturer's instructions, particularly dilution instructions, before using any cleaner on Precor fitness equipment. Do not use concentrated cleaners at full strength, or acidic cleaners of any kind; such cleaners weaken the protective finish on the equipment and void the Precor Limited Warranty. Never pour water or spray liquids onto any part of the equipment. Allow the equipment to dry completely before using.

Vacuum the floor underneath the equipment frequently to prevent the accumulation of dust and dirt that can interfere with its operation. Use a soft nylon scrub brush to clean the grooves on equipment with foot pedals.

Daily Inspection

At least once every day, examine the equipment for the following problems:

- Slipping belts
- Loose fasteners
- Unusual noises
- Worn or frayed power cords
- Any other indication that the equipment may be in need of service

Important: *If you determine that the equipment needs service, disconnect all power connections (television, Ethernet, and power) and move the equipment away from the exercise area. Place an OUT OF SERVICE sign on the equipment and make it clear to all patrons and other users that they must not use it.*

To order parts or to contact a Precor authorized service provider in your area, refer to *Obtaining Service*.

Quarterly Maintenance

Precor recommends that you clean and inspect the equipment more thoroughly once every three months.

To perform quarterly maintenance:

1. Remove the cover panels.
2. Vacuum out any debris, being careful not to bring the vacuum cleaner nozzle too close to any circuit board (unless your vacuum cleaner is protected against static buildup).
3. Check the tension of both belts.
4. Replace the cover panels.
5. Wipe the exterior of the console with a damp sponge or soft cloth, and dry with a clean towel. Keep water away from electronic components to prevent electrical shock or damage.
6. Clean the touchscreen using a soft, lint-free cloth dampened with a 91% isopropyl alcohol solution (either full strength or diluted with an equal amount of water).

Storing the Chest Strap

If you purchased the optional heart rate chest strap, store it in a place where it remains free of dust and dirt (for example, in a closet or drawer). Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Moving the Equipment

The equipment is very heavy. If you plan to move it to a new location, obtain the help of an adult assistant and use proper lifting techniques. If the equipment includes roller wheels on one end, use the wheels to reduce the load on yourself and your assistant.

To move the exercise bike:

1. Disconnect, unplug, and remove all external connections (television, Ethernet, and power).
2. Lift the rear feet to tip the bike forward onto its roller wheels.
3. Push the bike into its new location.
4. Lower the rear feet to the floor.

Long-Term Storage

If you do not expect anyone to use the equipment for a long time, perform the following tasks to prepare it for storage:

- If it has a power cord, disconnect the cord.
- If it has an optional power adapter, connect the adapter to prevent damage to the internal battery.
- Position it so that it will not become damaged and will not interfere with people or other equipment.

Self-Powered Features

Important: *This chapter of the manual describes Precor fitness equipment that can operate without being connected to AC power. This includes units equipped with P40 or P20 consoles. However, P80 consoles must be connected to AC power through their power supplies to operate. For this reason, this chapter does not apply to units equipped with P80 consoles.*

On self-powered equipment, the system initializes and displays the Welcome screen when a user starts exercising. A minimum rate of motion must be maintained for the banner to appear, as shown in the following table. When a person meets the requirements, the power that is generated allows the equipment to function properly.

Table 1. Minimum requirements for operation

Equipment	Rate of Motion
AMT	56 strides per minute (SPM)
EFX	40 strides per minute (SPM)
Climber	30 steps per minute
Bike	20 revolutions per minute (RPM)

Informational displays appear when the battery is low or when the rate of motion drops below the minimum requirements. The display explains what to do to retain power. If the messages are ignored, the equipment begins shutdown procedures to maintain the charge of the battery. Refer to *Informational Displays Prior to Shutdown*.

An optional power adapter can be purchased and provides sustained power to the equipment. If you plan to change the club settings, the power adapter is highly recommended. To purchase the optional power adapter, check with your dealer. Refer to *Obtaining Service*.

Informational Displays Prior to Shutdown

The equipment saves its battery charge by moving into a shutdown mode. If the user does not maintain the minimum rate of motion, a 30-second shutdown process begins.

In this mode, the console displays a countdown indicator and ignores all keypresses. If no movement is detected or the rate of motion remains below the minimum, the indicator changes as the countdown continues.

Note: The user can resume exercising before the countdown period elapses and the program will continue from the point at which it was paused.

Important: *If the equipment is connected to a CSAFE master device, it follows a slightly different shutdown process. Ten seconds before the equipment shuts down, it ends the exercise session and displays a reset message while it disconnects from the CSAFE master device. It ignores all keypresses during these last ten seconds.*

Symptoms of a Low Battery

If no one has used the equipment for an extended period of time, the battery may need recharging.

Symptoms of a low battery include the following:

- A flickering or erratic display
- Loss of user and program information after the user stops exercising, without any display of a workout summary or a notification of pending shutdown

Important: *To maintain a constant power source, use the optional power adapter.*

Using the Optional Power Adapter

After connecting the power adapter to the equipment, plug the opposite end into the appropriate power source (120 V or 240 V).

CAUTION: When the optional power adapter is in use, make sure that the power supply cord does not create a safety hazard. Keep it out of the way of traffic and moving parts. If the power supply cord or power conversion module is damaged, it must be replaced.

The control console functions differently when the power adapter is connected. Because the power adapter provides a constant source of power, a user can pause for brief periods without initiating shutdown procedures. When the pause time limit expires and the user has not resumed exercising, the console returns to the Welcome screen. Default pause times are 120 minutes for the treadmill and 30 seconds for all other fitness equipment. Refer to the manual for your control console for instructions on setting or changing the pause time limit. To learn how to install the power adapter, refer to *The Optional Power Adapter Kit*.

The Optional Power Adapter Kit

If you purchase the optional power adapter, you must also purchase the internal cable kit. The kit supplies the cable, bracket, and fasteners that connect the power adapter to the lower electronics board.

CAUTION: The internal cable kit must be installed by authorized service personnel. Do not attempt installation on your own as you could void the Precor Limited Warranty. For more information, refer to *Obtaining Service*.

Important: *If this equipment includes a P80 console, the optional power adapter and the internal cable kit must still be installed to provide continuous power to the base unit and support its internal battery.*

Once the internal cable kit is installed, you can plug the optional power adapter into the equipment. Plug the opposite end into the appropriate power source for your equipment (120 V or 240 V). Review the safety instructions found at the beginning of this manual before using the power adapter.

Replacing the Battery

The equipment's battery is built to last for a long time. However, if you feel that the battery may need replacing, check with an authorized service technician. Refer to *Obtaining Service*.

CAUTION: The battery stored inside the equipment contains hazardous materials and must be disposed of according to Hazardous Waste Regulations. Refer to *Hazardous Materials and Proper Disposal*.

Commercial Equipment Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty.

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of the original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To claim under this warranty, the buyer must notify Precor or your authorized Precor dealer within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited as set forth below.

Warranty Periods and Coverage.

Commercial Cardiovascular Products (excluding StretchTrainer, Strength Products):

- Frame and treadmill drive motor: 7 years
- All other parts (including mechanical parts, electronic parts, and items subject to wear): 2 years
- Labor: 1 year (except for labor coverage on options, as defined below)

Options / Accessories / Battery-powered or Self-Operated Devices

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer as part of the original sale and delivery, they have a 90 days parts and labor limited warranty. All components that are not internally connected have a 90 days parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions.

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only while
 - a. it remains in the possession of the original purchaser and proof of purchase is demonstrated,
 - b. it has not been subjected to accident, misuse, abuse, improper service, or non-Precor modification.
 - c. claims are made within the warranty period.
2. Certain products are warranted for standard commercial use only, defined as use in non-fee paying clubs or facilities and less than 6 hours daily use. Unapproved use voids the warranty. Current standard commercial products include C946i, C932i, EFX524i, EFX534i.
3. This warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
4. Except in Canada, Precor does not pay labor outside the United States.
5. Warranties outside the United States and Canada may vary. Please contact your local Dealer for details.

This Limited Warranty shall not apply to:

1. Software (PROM) version upgrades.
2. Normal wear and tear, consumables and cosmetic items, including, but not limited to the following: grips, seats, and labels.
3. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.
4. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
5. Pickup and delivery involved with repairs.
6. Any labor costs incurred beyond the applicable labor warranty period.

Disclaimer and Release.

The warranties provided herein are the exclusive warranties given by Precor and supersede any prior, contrary or additional representations, whether oral or written. ANY IMPLIED WARRANTIES, INCLUDING THE WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE THAT APPLY TO ANY PARTS DESCRIBED ABOVE ARE LIMITED IN DURATION TO THE PERIODS OF EXPRESS WARRANTIES GIVEN ABOVE FOR THOSE SAME PARTS. PRECOR HEREBY DISCLAIMS AND EXCLUDES THOSE WARRANTIES THEREAFTER. Some States do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you. PRECOR ALSO HEREBY DISCLAIMS AND EXCLUDES ALL OTHER OBLIGATIONS OR LIABILITIES, EXPRESS OR IMPLIED, ARISING BY LAW OR OTHERWISE, WITH RESPECT TO ANY NONCONFORMANCE OR DEFECT IN ANY PRODUCT, INCLUDING BUT NOT LIMITED TO: (A) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY IN TORT, WHETHER OR NOT ARISING FROM THE NEGLIGENCE OF PRECOR OR ITS SUPPLIERS (WHETHER ACTIVE, PASSIVE OR IMPUTED); AND (B) ANY OBLIGATION, LIABILITY, RIGHT, CLAIM OR REMEDY FOR LOSS OF OR DAMAGE TO ANY EQUIPMENT. This disclaimer and release shall apply even if the express warranty set forth above fails of its essential purpose.

Exclusive Remedies.

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized dealer from whom you purchased the item. Precor compensates Servicers for warranty trips within their normal service area to repair commercial equipment at the customer's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

EXCLUSION OF CONSEQUENTIAL AND INCIDENTAL DAMAGES.

PRECOR AND/OR ITS SUPPLIERS SHALL HAVE NO OBLIGATION OR LIABILITY, WHETHER ARISING IN CONTRACT (INCLUDING WARRANTY), TORT (INCLUDING ACTIVE, PASSIVE, OR IMPUTED NEGLIGENCE AND STRICT LIABILITY), OR OTHERWISE, FOR DAMAGE TO THE EQUIPMENT, PROPERTY DAMAGE, LOSS OF USE, REVENUE OR PROFIT, COST OF CAPITAL, COST OF SUBSTITUTE EQUIPMENT, ADDITIONAL COSTS INCURRED BY BUYER (BY WAY OF CORRECTION OR OTHERWISE) OR ANY OTHER INCIDENTAL, SPECIAL, INDIRECT, OR CONSEQUENTIAL DAMAGES, WHETHER RESULTING FROM NONDELIVERY OR FROM THE USE, MISUSE OR INABILITY TO USE THE PRODUCT. This exclusion applies even if the above warranty fails of its essential purposes and regardless of whether such damages are sought for breach of warranty, breach of contract, negligence, or strict liability in tort or under any other legal theory. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation may not apply to you.

This warranty gives you specific legal rights, and you may also have other rights, which vary from state to state.

Complete this portion and keep for your records.

Purchased From: _____
Example: Dealer or store name.

Phone Number: _____
Example: Dealer or store telephone number.

Product/model: _____
Example: 885 AMT or 883 EFX

Serial number: _____
The serial number is found on the shipping container.

Effective 01 December 2009
P/N 36286-113

Notes:



Precor Incorporated
20031 142nd Avenue NE
P.O. Box 7202
Woodinville, WA USA 98072-4002

RBK 815 PAG/OM 300863-141 rev B
Warranty #36286-113
4 August 2010

Product Owner's Manual

UBK 815 • RBK 815



PRECOR[®]

Product Owner's Manual

RBK 815 • UBK 815

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Edition Information

UBK / RBK 815 PRODUCT OWNER'S MANUAL

P/N 300977-141 rev B

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Intellectual Property Notice

Precor is widely recognized for its innovative, award-winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

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Important Safety Instructions

Safety Precautions

Always follow basic safety precautions when using this equipment to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercice. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.
Note: The optional power adapter is considered a power source for self-powered equipment.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.

- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Locate the equipment a few feet from walls or furniture, and away from sources of heat, such as radiators, heat registers, and stoves. Avoid temperature extremes.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the *Maintenance* section of the assembly and maintenance guide. Make sure that all fasteners are secure.
- If you plan to move the equipment, obtain help and use proper lifting techniques. For more information, The weight limit for the bike is 350 pounds (160 kg).
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.
- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.



CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guide before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment. Federal law requires proper disposal of these batteries.

If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal. Refer to *Obtaining Service*.

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE. For proper collection and treatment, refer to *Obtaining Service*.

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

- CAN/CSA, IEC, EN 60335-1 (Household and similar electrical appliances - Safety)
- EN 957 (Stationary training equipment, class S/B compliant equipment)

Radio Frequency Interference (RFI)

This Precor exercise equipment conforms to the following national standards defining acceptable limits for radio frequency interference (RFI).

Federal Communications Commission, Part 15

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a commercial installation. The equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.

Industry Canada

This Class A digital apparatus complies with Canadian ICES-003.

Cet appareil numérique de la classe A est conforme à la norme NMB-003 du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

European Applications

CE compliance is claimed to the following directives:

- 2004/108/EC EMC Directive
- 2006/95/EC LVD Directive
- 2002/95/EC RoHS Directive

Directive compliance has been verified to the following standards:

- EN 55022
- EN 55024
- EN 60335-1

120 V and 240 V Equipment Designated for U.S. Markets

Note: If you are not installing this equipment in the United States or Canada, this section does not apply to you. You should have received a power cable that meets your local electrical code requirements along with the equipment. If you need additional help with the power connections for the equipment, contact your Precor authorized dealer.

Precor exercise equipment that is connected to an external power circuit, such as treadmills or equipment with optional power supplies for self-powered equipment, must be properly grounded. In addition, Precor treadmills must be connected to a dedicated branch circuit for power. A 20 amp dedicated branch circuit is recommended.

Important: *A true dedicated branch circuit provides discrete hot, neutral, and ground lines to each plug. These lines must not be looped or "daisy-chained" to any other lines in any way.*

For equipment fitted with P80 consoles or Personal Viewing System (PVS) screens, separate power connections are required for the consoles or screens. This connection must be independent of the circuit powering the equipment and must also be a dedicated branch circuit. However, up to 15 consoles or PVS screens can be "daisy-chained" on a single power circuit. A 20 amp dedicated branch circuit is recommended for every such chain of consoles or screens.

The grounding plug on a treadmill or power supply looks like the plug shown in one of the following two figures. The power outlet must have the same configuration as the plug.

Important: *Do not use any power cord adapter with this product.*

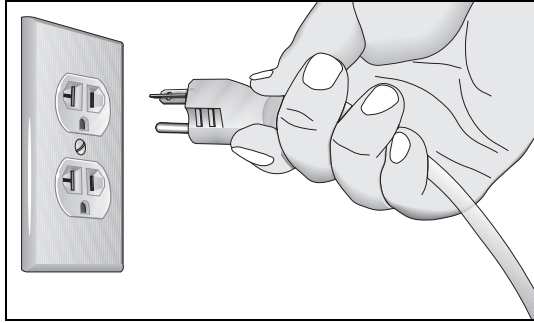


Figure 1: 120-volt, 20-amp power plug

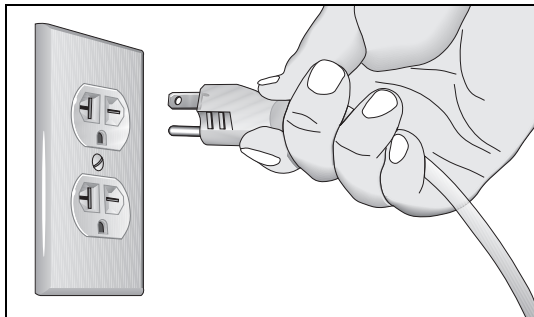


Figure 2: 240-volt, 20-amp power plug

Obtaining Service

Do not attempt to service the equipment except for maintenance tasks. If any items are missing, contact your dealer. For more information regarding customer support numbers or a list of Precor authorized service centers, visit the Precor web site at <http://www.precor.com>.

Table of Contents

Edition Information	2
Trademark Note	2
Intellectual Property Notice	2
Important Safety Instructions	3
Safety Precautions	3
Hazardous Materials and Proper Disposal	5
Product Recycling and Disposal	5
Regulatory Notices for Cardiovascular Exercise Equipment.....	6
120 V and 240 V Equipment Designated for U.S. Markets.....	7
Obtaining Service.....	8
Product Features	11
Programming Tips	13
Changing the Product Settings.....	14
Setting a Resistance Range	19
Informational Displays	20
Educating Users	25
Upright Cycle: Adjusting the Seat Tilt.....	25
Using SmartRate®	26
Display Console.....	27
Workout Options	33
Programs	39

Product Features

This section is designed to show you how to customize the equipment for your users and view useful product information. All these features remain hidden to the users and can only be accessed using special keypresses. These custom settings allow you to

- Change the display to a different language
- Change the display to show U.S. standard or metric measurements
- Set the maximum exercise and pause times
- Set a cool down time limit
- Set the resistance range
- View the odometer
- Display the number of hours the equipment has been in use
- View the software versions and part numbers
- Display the serial number
- Check the program usage and error logs

Note: To review the product programming prompts and factory default settings that can be changed through product programming mode, refer to the following table.

Table 1. Custom features and settings for your fitness equipment

Equipment	Programming Prompt	Factory Default Setting	Features you can change
All *	SELECT LANGUAGE	English	Select one language for your user.
All *	SELECT UNITS	U.S.	Two standard units of measurement are available. Choose U.S. or Metric.
All *	SET MAX WORKOUT TIME	60 minutes	Exercise session time limits range from 1 to 240 minutes. A NO LIMIT setting is accessible once you pass 240 minutes.
All *	SET MAX PAUSE TIME	120 seconds	Pause time limits range from 1 to 120 seconds (2 minutes). Restrictions exist for self-powered equipment.
All *	SET COOL DOWN TIME	5 minutes	Cool down time limits range from 1 to 5 minutes.
Bike	SET RESISTANCE RANGE	High	Settings range from High, Medium, and Low.

* This feature is available in all Precor fitness equipment.

Note: When you make changes in the programming mode, the new settings replace the factory defaults.

Programming Tips

- Always start at the Precor banner.
- Electrical power must be supplied. For self-powered equipment, a constant power source is available if you use the optional power adapter. Otherwise, users have to maintain the minimum rate of motion. If you plan to program self-powered equipment, purchasing the optional power adapter is highly recommended.

Note: If you do not use the optional power adapter during programming mode, and the rate of motion falls below the minimum requirements, no warning is given when the equipment moves into its 30-second shutdown procedure.

- Changes made in the programming mode become the default settings when the display resets to the Precor banner.

Changing the Product Settings

You must be in the Programming mode before you can change the settings.

To access the programming mode:

1. At the Precor banner, press the following keys in sequence without pausing between selections:

RESET, 5, 6, 5, 1, 5, 6, 5

Note: A PAUSE/RESET key appears on some products and functions the same as the RESET key.

The programming prompts appear sequentially and in a menu format.

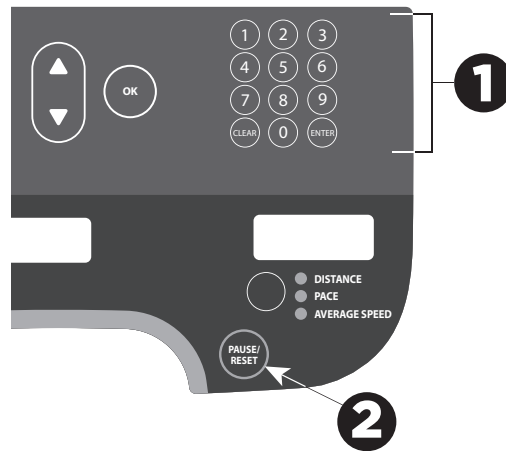




Figure 3: Keys used in programming mode

2. The following table describes how to use the keys to navigate the programming mode menus.

Table 2. Programming mode keys

Key	Description
▲ or ▼	Navigational arrows: Move you through the menu and can also be used to increase or decrease time units.
OK	Press to choose or accept the displayed selection.
Number keypad CLEAR 	Returns user to the previous menu level without saving changes.
PAUSE/RESET 	Exits Programming mode and returns to the Precor banner.

Note: The number keypad is disabled once you enter programming mode.

Use the following flowchart to navigate through the menu settings.

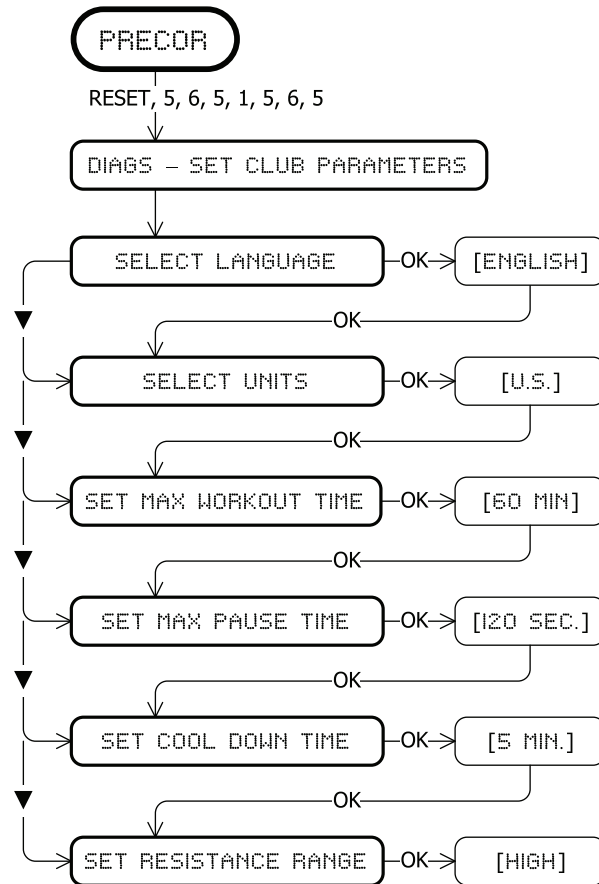


Figure 4: Bike menu settings

Choosing a Language

The equipment can display user prompts, text, and user entries in several different languages. When the equipment is shipped from the factory, the default language is English.

Note: Programming prompts are not affected by language selection. The prompts in this section continue to appear in English.

To choose a language:

1. At the **SELECT LANGUAGE** prompt, press **OK**. Use the navigational arrow keys to choose a language.
2. Press **OK** again to accept the displayed setting and move to the next feature.

Selecting a U.S. Standard or Metric Display

The equipment can display measurements in either Metric or U.S. Standard. The default factory setting is U.S. Standard.

To change the display measurement:

1. At the **SELECT UNITS** prompt, press **OK**.
Use the navigational arrow keys to select a unit of measure (**US** or **METRIC**).
2. Press **OK** to accept the displayed setting and move to the next feature.

Setting a Workout Session Time Limit

You can limit how long a user can exercise on the equipment. For example, if you set the time limit to 20 minutes, users can only enter a session time between 1 and 20 minutes.

Note: The automatic cool down period is appended to the end of any time-based program, so adjust the time limit accordingly.

To set a maximum workout time:

1. At the **SET MAX WORKOUT TIME** prompt, press **OK**. Use the navigational arrow keys to change the displayed time limit.
Note: When you press and hold a navigational arrow key, the number increments by five, for example, 1, 5, 10, 15, 20. When you tap an arrow key, the number increments by one.
2. When you have selected a maximum workout time, press **OK** to accept the displayed setting and move to the next feature.

You can also let a user exercise indefinitely by selecting **NO LIMIT**. If you choose the **NO LIMIT** setting, you will need to provide the following instructions to your users.

To exercise without a time limit:

1. Select a program. The workout time appears in the display.
2. On the number keypad, type **240**.
3. Press the **UP** arrow key to display **NO LIMIT**, and press **OK**.

The exercise session times available are between 1 and 240 minutes.

Setting a Pause Time Limit

You can limit how long a user can pause while exercising on the equipment by entering a time between 1 and 120 seconds (two minutes). For example, if you set a pause time limit of 60 seconds, the display automatically resets to the Precor banner if no movement is detected and no key press occurs for one minute.

Important: *The optional power adapter must be connected on self-powered equipment to establish a definitive pause time limit. If the optional power adapter is not attached and the rate of motion drops below the minimum requirements, the equipment begins its 30-second shutdown, effectively eliminating pause mode.*

To set a maximum pause time:

1. At the **SET MAX PAUSE TIME** prompt, press **OK**. Use the navigational arrow keys to select a time limit between 1 and 120 seconds (two minutes).
2. Press **OK** to accept the displayed setting and move to the next feature.

Setting a Cool Down Time Limit

Use this setting to select the maximum amount of time the machine will remain in the cool down mode. Cool down time is the period of time following the completion of a program were the user exercises at a reduced work rate.

To set a cool down time:

1. At the SET COOL DOWN TIME prompt, press OK.
2. Use the navigational arrow keys to display the available time limits and choose a time between 0 and 5 minutes.
Note: The default setting is 5 minutes.
3. Press **OK** to accept the displayed setting and move to the next feature.

Setting a Resistance Range

The bike resistance levels are low, medium, and high. Within each setting, 25 levels of resistance are available, but the chosen setting affects the overall resistance range.

To set a resistance range:

1. At the **SET RESISTANCE RANGE** prompt, press **OK** and use the navigational arrow keys to choose **LOW**, **MEDIUM** or **HIGH** (**LO**, **MED**, or **HI** on some equipment).
2. Press **OK** to accept the displayed setting and move to the next feature.

The following table provides more information about each setting.

Table 3. Resistance settings on cycles

Setting	Description
HI or HIGH	<ul style="list-style-type: none"> • Provides the full range of resistance available. • Provides enough resistance to simulate sprinting or hill climbing or for users who want to stand on the cycle while pedaling. • Provides enough resistance for elite riders that are capable of spinning at high speed with high resistance.
MED or MEDIUM	<ul style="list-style-type: none"> • Provides approximately two thirds of the resistance that is available within the high group setting. • Select the medium range for recumbent cycles. • A medium range allows users to make easier resistance changes in the preset programs.
LO or LOW	<ul style="list-style-type: none"> • Provides approximately one third of the resistance that is available within the high group setting. • Appropriate in special situations where poorly conditioned users are anticipated.

Informational Displays

Use the information displays to locate information about equipment use (odometer and hour meter), software versions and part numbers, serial number, usage log, and error log. In general, you would only access this information if directed to do so by Precor Customer Support.

To navigate through the informational displays, use the following flowchart. A table located after the flowchart provides more information about each more display.

Note: The CLEAR key is located on the number keypad. If your product has a PAUSE/RESET key, use it in place of the RESET key called out in the flowchart.

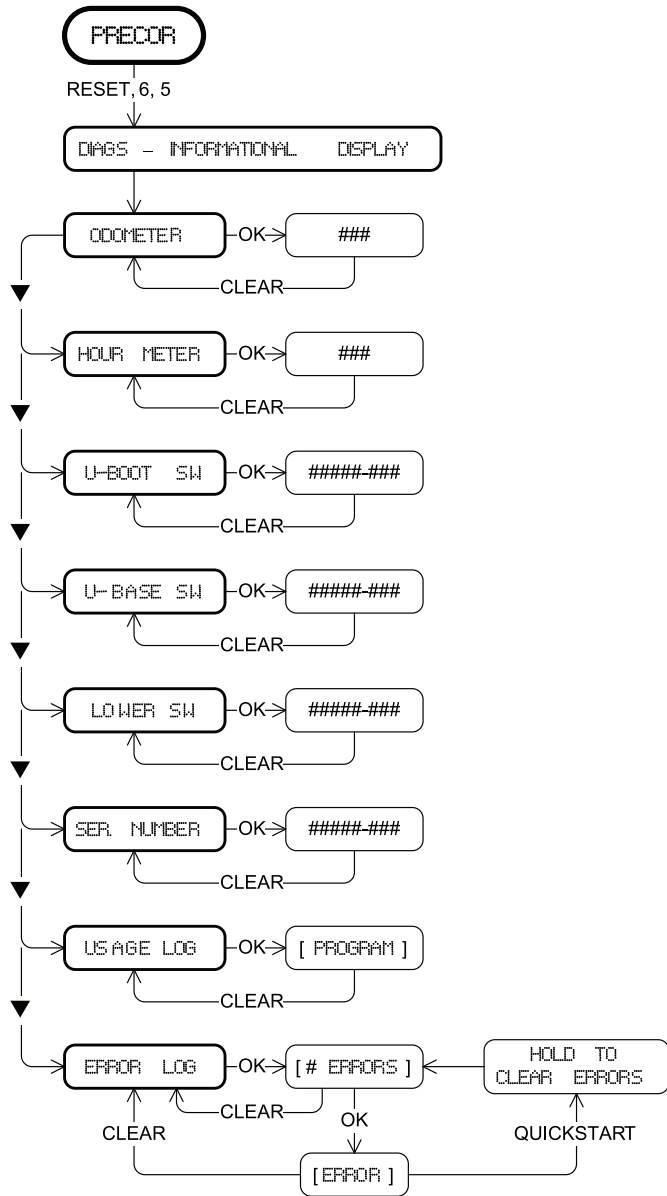


Figure 5: Informational settings

Table 4. Informational Displays for all products

Product	Display	Description
All	HOUR METER	<ul style="list-style-type: none"> The number of hours that the equipment has been in use. The equipment tracks the elapsed minutes, but the value that appears is truncated to the nearest full hour.
All	U-BOOT SW	<p>Upper board application software part number and version.</p> <p>Note: Some displays show UPPER BOOT SW PART NUMBER.</p>
All	U-BASE SW	<p>Upper base application software version.</p> <p>Note: Some displays show UPPER BASE SW PART NUMBER.</p>
All	LOWER SW	<p>Lower application software version.</p> <p>Note: Some displays show LOWER BASE SW PART NUMBER.</p>
All	SER. NUMBER	<p>The serial number is helpful when you contact Customer Support.</p> <p>Note: Some displays show SERIAL NUMBER.</p>
All	USAGE LOG	<ul style="list-style-type: none"> The number of times each program has been used and displays the associated cumulative minutes. Helpful in determining user preferences in program selection.

Product	Display	Description
All	ERROR LOG	Displays any error codes that may have been detected by the software.
All	ODOMETER	<p>The odometer value correlates to the type of Precor product and the standard of units, U.S. or Metric, selected in the programs.</p> <ul style="list-style-type: none"> • Treadmill shows the number of cumulative miles or kilometers logged to date. • EFX or AMT shows the number of total strides logged to date. • Cycle shows the number of total revolutions logged to date. • Climber indicates the number of floors climbed.

Error Log

Quick access to the informational display is available if error messages appear on the display and have been recorded in the error log. This feature is usually reserved for service personnel.

To view the error log:

1. At the Precor banner, press and hold **RESET** for 4 seconds.
2. If **DIAGS - INFORMATION DISPLAY** or **ERROR LOG** appears, then press **OK**.
A log of errors will appear.
3. If **STOP KEY** or **STUCK KEY** appears, then no errors are logged,
When you release the key, the Precor banner returns.

Erasing the Error Log

When you no longer need the error log information, you can erase the entries.

To erase the error log entries:

1. Press **QUICKSTART** while any error description is scrolling across the display.
2. Continue to maintain light pressure on the key until the message, **HOLD TO CLEAR ERRORS**, scrolls off the display.
3. When you release Quickstart, the message **NO ERRORS** will appear in the display if the error log has been deleted.

Important: *You cannot retrieve the error log once you have deleted it. You may want to resolve any issues you are experiencing with the equipment before erasing the error log.*

4. Press **RESET** to return to the Precor banner.

Educating Users

This console offers an easy-to-follow display and multiple programs to help users meet their workout needs. The keypad lets them select data and control their workout session and SmartRate® provides a visual aid that monitors heart rate and workout intensity at a glance.

Upright Cycle: Adjusting the Seat Tilt

The seat on the upright bike can be adjusted for comfort if needed.

To adjust the seat tilt:

1. Use a 14 mm box-end wrench or crescent wrench to loosen the nut beneath the seat as shown in the following diagram.

Note: A $\frac{9}{16}$ -inch wrench can be used in place of the 14 mm box-end wrench; however, it does not fit as closely.

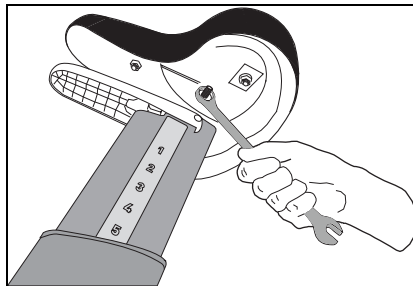


Figure 6: Loosening the nut

2. Adjust the seat tilt (up and down) as shown in the following diagram.

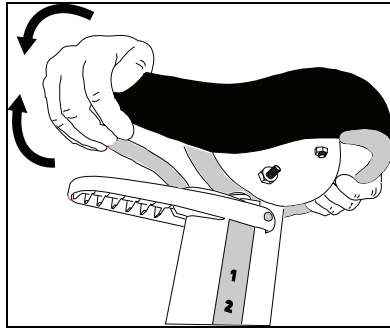


Figure 7: Seat adjustment

3. Fully tighten the nut.
4. Apply pressure to the seat and make sure that it does not move. Readjust and retighten the nut, if needed.

Important: *If you tilt the seat too far forward, it will restrict the function of the seat height adjust handle.*

Using SmartRate®

The Precor SmartRate® technology is a precise, easy-to-read heart rate monitor that helps users achieve their best personalized workouts. SmartRate displays actual heart rate information in relation to the user's target zone for weight loss and cardiovascular training. This feature is visible during all workouts. In addition, some equipment includes a Heart Rate Control (HRC) workout that automatically adjusts intensity to keep a user's heart rate in its target zone. For more information, refer to *Workouts*.

Caution: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level.

To test your heart rate:

1. Begin a workout by pressing QUICK START, or by selecting a preset workout followed by pressing **GO**.
2. Grasp the handheld heart rate sensors with both hands. Depending on the type of equipment, the letters "**Hr**" appear, or a blinking heart displays while the equipment reads your heart rate. After a few moments, your heart rate displays in beats per minute. The blinking segments in the SmartRate field indicate the current zone of your heart rate: Warm Up, Fat Burn, Cardio, or High.

Display Console

The display console is designed for ease of use. Use the following graphic and table to learn more about the console displays.

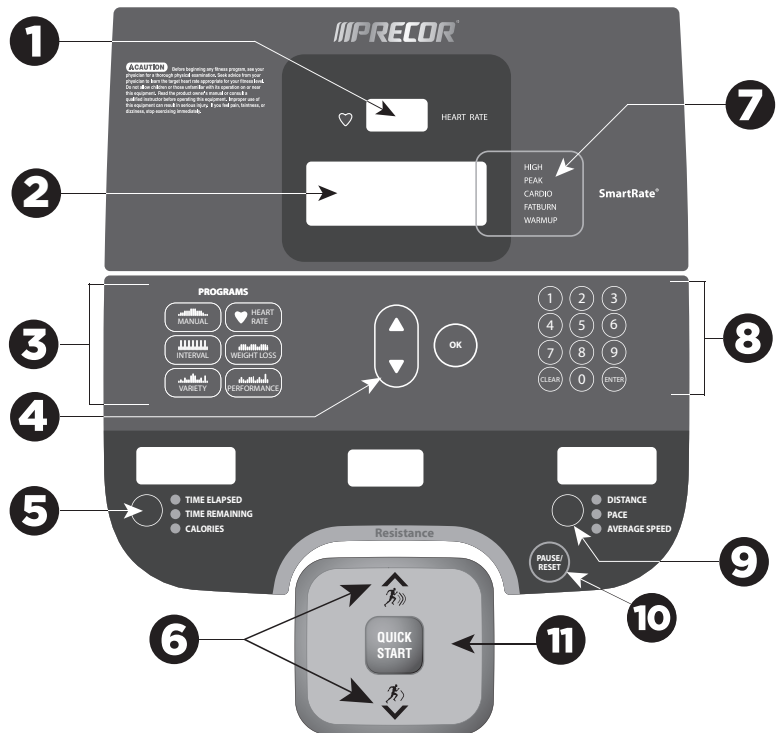


Figure 8: Console parts

Table 5. Parts of the display console

Number	Description
1	HEART RATE display: Use a chest strap or grasp both touch-sensitive grips to display and monitor your pulse.
2	Center display: Initially shows the Precor banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position. Also see additional information below about the Program Profile.
3	PROGRAMS keypad: Press one of the six program keys to select that workout.
4	OK and Navigational arrow keys: Use the OK key to confirm responses to specific prompts. Use the arrows to navigate menus.
5	Selection keys: Press the key to choose what you want to display: Time Elapsed, Time Remaining, or Calories. An indicator light appears next to the item that is displayed.
6	RESISTANCE keys: Use these keys to adjust the resistance.
7	SmartRate display: Monitor your heart rate and maintain it in your target zone.
8	Number keys: During an exercise session, use the number keys to answer prompts or update information.
9	Selection keys: Press the key to choose what you want to display: Distance, Stride, or Average Speed. An indicator light appears next to the item that is displayed.
10	Pause/Reset key: Press the key once to pause the equipment and twice to return to the Precor banner.
11	QUICKSTART: Press to begin your workout immediately.

Using the Upper Display

The program profile supplies information about your programmed workout. A blinking segment in the profile indicates your position. The profile raises or lowers if you change your resistance.

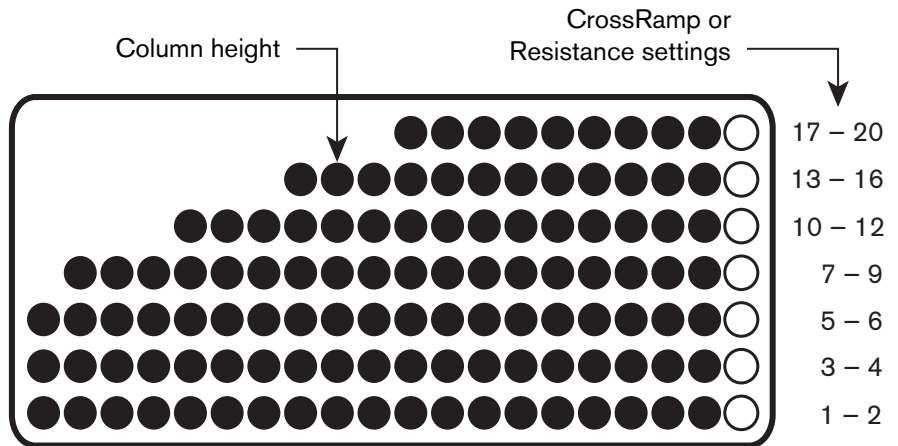


Figure 9: Parts of the program profile

Keypads

Use the keypads to enter program selections and display preferences.

Multiple keypads exist on the console display including a navigational keypad in the center of the display, and a PROGRAMS keypad.

PROGRAMS Keypad

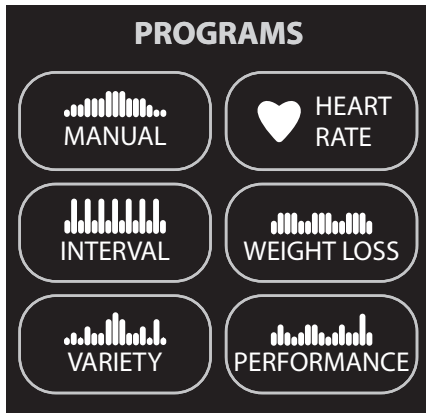


Figure 10: Programs Keypad

The PROGRAMS keypad provides access to all the exercise programs.

To use the program keypad:

1. Press the center of the key to view the top level program in its menu.
2. Press the **OK** key to confirm your selection.

Table 6. Available programs

PROGRAMS Key	Program Menu
MANUAL	MANUAL
INTERVAL	INTERVAL
VARIETY	GLUTEAL
HEART RATE	BASIC HRC *
WEIGHT LOSS	WEIGHT LOSS
PERFORMANCE	CROSS TRAINING

* Use of a chest strap or the touch-sensitive grips is required.

Number Keypad

The number keypad has several functions depending on what is connected to the equipment.



Figure 11: Number keypad

Table 7. Connections

Connection	Description
Computer (CSAFE compatible)	If a computer is attached to the CSAFE connection on the equipment, the number keypad lets you enter your user ID and answer other setup prompts.
Entertainment Option	If an entertainment option is connected to the display, the number keypad acts as a remote control which you use to select the available channels. You can also enter number values in answer to exercise session prompts.
Unconnected	Whether or not peripheral devices are attached to the equipment, the keypad lets you enter number values in answer to exercise session prompts. You need to press ENTER or OK to confirm the selection.

The CLEAR and ENTER keys provide the following functions:

CLEAR: Use the CLEAR key to remove the last number being displayed.

ENTER: Use the ENTER key to accept the number being displayed.

Note: The OK and ENTER keys are usually interchangeable and provide the same function when no peripheral devices are attached to the equipment. However, when answering prompts that originate from a CSAFE device or computer connection, use the ENTER key.

Workout Options

CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

To begin your workout:

1. Face the display.
2. Hold on to a handlebar and step on the foot pedals.
3. When you are comfortably situated, begin pedaling.
4. Select one of the following options:

Option...

To start exercising immediately

To select a program

Steps...

Press the QUICKSTART key.

Press a PROGRAMS key.

Note: The QUICKSTART key is disabled when you press a PROGRAMS key. You need to confirm each exercise session selection (program, time, weight, and age) using the OK key.

Choosing QUICKSTART

Use the Quickstart feature to begin an immediate workout.

To use this feature:

1. Begin pedaling.
2. While the Precor banner scrolls, press QUICKSTART to begin the Manual Program.



Figure 12: QUICKSTART button

QUICKSTART applies the following defaults:

Prompts	Default Value
Program	Manual
Time	Fitness Facility setting
Weight	150 lb (68 kg)
Age	35

3. Use the RESISTANCE keys to change the resistance.

To use the SmartRate feature during your workout, you will need to specify your age and wear a chest strap or grasp both touch-sensitive grips:

1. Press **MANUAL**, and then press **OK**.
2. Follow the prompts to enter your weight and age.
You can use the navigational arrow keys or the number keypad to change the blinking prompts.
3. Press **OK** to confirm your entries.

Selecting a Program

1. While the Precor banner scrolls, press a PROGRAMS key, and then press OK.

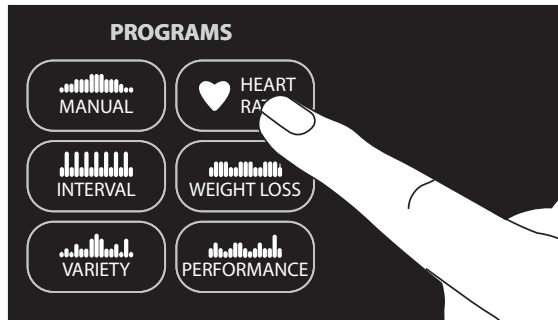


Figure 13: Programs keypad

2. A time prompt blinks in the display. Use the navigational arrow keys or the number keys to adjust the minutes (1-240) and then press OK. (Or, press CLEAR to return to the default time limit.)

Note: The fitness facility can set limits for workout, pause, and cool-down times. So, selecting an unlimited workout time may not be allowed. Check with your fitness facility manager.

To access the NO LIMIT option, at the time prompt use the number keypad and type in 240, then press the up arrow key. When NO LIMIT appears, press OK.

If you choose this option, the automatic cool down period is eliminated. You will need to incorporate a cool down period by accessing the Manual Program.

3. Enter your weight (1-999) and then your age (1-99).

Note: To change a value (program, time, weight, or age) that you have already entered, continue pedaling and press RESET to return to the Precor banner. Select a program and reenter the appropriate values.
4. Maintain a comfortable and consistent RPM while exercising.

Note: The default workout time is 30 minutes.

Storing Workout Statistics

In some fitness facilities, Precor equipment is connected to a computer so that you can easily retrieve your workout statistics and determine how well you are meeting your fitness goals. If you are interested in maintaining workout statistic information, ask the manager to create a user account and a user ID for you. A user ID entry is required to store your statistics.

Note: If the display is blank, you will need to maintain the minimum rate of motion to supply power. If the Precor banner appears, the equipment is not connected to a computer.

If the equipment is connected to a computer, the following appears:

CHOOSE QUICKSTART, ENTER, OR A PROGRAM TO BEGIN

To save the statistics generated during your exercise session:

1. Press **ENTER**.
2. Use the number keypad to specify your 5-digit user ID. If you make a mistake, press the **CLEAR** key and reenter the correct number.
3. When your user ID is shown, press **ENTER**.
A message appears and indicates when the user ID is accepted by the computer.
4. To begin your exercise session, select a program.
Note: To bypass the user ID entry, press ENTER while all five zeros appear in the user ID field. The statistics generated during your exercise session will not be added to your file.

Changing Programs in Mid-session

You can change programs in the middle of a session by selecting a new program from the PROGRAMS key menu and pressing OK. All accumulated statistics are transferred to the new program as you continue exercising.

Certain programs, such as Basic HRC and Weight Loss, are not available for mid-session transfers due to set goals and program preferences. If this occurs, a message scrolls across the center display.

Note: You cannot select a different program if you are in the cool down period or if you stop pedaling and the equipment is in the pause mode.

Cooling Down After a Workout

Cool down periods are designed to help lower your heart rate toward the end of a workout session.

When you complete a program with a time limit or specified goal, you automatically enter a cool down period. The settings change to help reduce the intensity of your workout.

Note: You cannot switch to a different program during the cool down period. Any pressure on the PROGRAMS keys is ignored.

A workout summary appears at the end of the cool down period.

A cool down period will not be appended to your exercise session if any one of the following occurs:

- The fitness facility allows an unlimited time goal. A user must enter a time goal of **NO LIMIT** to access this option.
- The fitness facility sets a cool down time of zero, which eliminates the cool down phase.
- You exit a program before completing it.

If you specify an unlimited time or the fitness facility removed the cool down phase, remember to incorporate a cool down period at the end of your exercise session.

Pausing During a Workout or the Cool-Down Period

If your rate of motion drops below minimum requirements while exercising or during the cool down period, a 30-second shutdown is initiated. You cannot pause for a longer period of time or change to a different program unless the fitness facility has the optional power adapter attached to the equipment.

When the optional power adapter is attached, you can pause for a set time, usually two minutes. If you do not resume exercising during that time, the display returns to the banner.

- To pause, slow to a stop.
- To exit pause mode, resume exercising.

Note: In pause mode, you have the ability to change your program selection if the optional power adapter is attached. Refer to *Changing Programs in Mid-session*.

Ending a Workout

At the end of your workout, a workout summary appears and shows your cumulative statistics including warm-up and cool down periods. You can review your statistics as long as you maintain power with the minimum rate of motion.

If you hold on to the touch-sensitive grips or wear a chest strap while exercising, a heart rate analysis appears during the workout summary.




To view your workout summary:

1. Maintain the minimum rate of motion when you complete the cool down period.
2. End your session by pressing **RESET** to return to the Precor banner.

Note: If the optional power adapter is attached, you do not have to continue the minimum rate of motion to view your workout statistics. When you complete the cool down period, the workout summary appears. When you are ready, press **RESET** to return to the Precor banner.

Programs

This section describes the programs available on the equipment. Use the following table to learn more about each workout program.

Graphic	Program Heading	Workout Details
	Manual	<p>This workout begins as a flat line. You can increase or decrease the resistance using the resistance key. The workout profile reflects changes you make and a blinking light in the column indicates your position in the workout.</p>
	Interval	<p>These workouts raise and lower your level of exertion repeatedly for a specific time period. You can vary your resistance during these workouts.</p>
	Variety	<p>These workouts are a mix of different levels and can be varied using the RESISTANCE keys.</p>

Graphic

Program Heading

Workout Details



Heart Rate

Use these programs to set a target for your heart rate. The workouts adjust the resistance to maintain your heart rate within two beats per minute of the target heart rate while you exercise. To use this feature, you must enter your age and wear a chest strap so your heart rate can be monitored throughout the session.



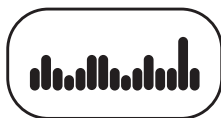
Weight Loss

These workouts are targeted at lowering body fat while improving muscle tone and conditioning.

The workout time is fixed at 28 minutes and consists of seven 4-minute intervals. You are not prompted for a workout time.

Use the RESISTANCE keys to change the resistance for the rest or work intervals. When you make changes, the program repeats the settings for the remaining intervals.

Note: You cannot transfer mid-session to the Weight Loss Workout.



Performance

These workouts consist of an alternating profile that focuses on working the thigh and calf muscle groups.

Program Tips

- Begin at the Precor banner and choose a program by pressing a PROGRAMS key or QUICKSTART.
- While exercising, you need to sustain your exercise motion. Stopping any movement causes the equipment to shut down to conserve battery power.
- A blinking column indicates your position as you progress through a workout.
- To use the SmartRate feature, you need to specify your age and wear a chest strap or hold on to the touch-sensitive grips.
- In some programs, an unlimited time setting may be an available option.
- The fitness facility can set limits on workout, pause, and cool down times and customize other aspects of your exercise session. Check with your manager to learn if any limits are in place that might affect your program selections.

Notes:

Notes:

Notes:



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